

# Smoking Cessation

## Support Group

## Information

You can quit smoking for good.

**When:** Wednesdays

**Time:** 9–10 a.m.

**Where:** 2000 W. Baltimore St., Suite 247, Multi-purpose room

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Are you finally ready to kick your smoking habit?

It might be hard, but it's possible—especially with the right support.

Join “Kicking the Habit,” our smoking cessation support group (even if you aren't quite ready to kick your habit):

- Discuss the pros and cons of smoking
- Identify your triggers
- Self-assess your readiness for change
- Set a quit date!

You can win a gift card or other small prize every session.

Join us!